



Make your lunch colorful with veggies! You should eat at least 1.5 to 2 cups of veggies every day. Try: carrots with dip, crispy cucumbers wrapped in turkey, lettuce wrapped around sliced veggies with your favorite dressing, and celery covered with cream cheese. Jillian gets creative with her veggies, she loves to eat asparagus wrapped inside of sliced cheese. What's your favorite veggie?

LUNCH PRICES	
Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk Choice	\$.60
Lactaid Milk (reg/choc)	\$.60
Soy	\$1.00
Ala-carte	\$1.25

ALL STUDENT LUNCH INCLUDES
Skim Milk, 1% Milk or Strawberry, Low Fat Chocolate Milk 100% Orange Juice

Lunch Alternatives
3: Peanut Butter and Jelly Sandwich
4: Peanut Butter and Fluff Sandwich
5: Healthy Choice Salad Served over a bed of mixed greens with tomato wedges, cucumbers, and dressing. <i>*Above served with low-moisture, part-skim mozzarella cheese, and whole wheat dinner roll and the remainder of the meal.</i>

Questions or comments on the Foodservice Program?
Please call Kevin Silvia
Food Service Director
Whitson's Culinary Group
"Bringing Fresh Ideas to the Table"

781-721-7033 or 7032

Monday	Tuesday	Wednesday	Thursday	Friday
1. Sunrise Lunch Breakfast Sandwich Choice of Egg & Cheese or Sausage Egg & Cheese on a Bagel served w/ Tator Tots 2. Bacon Lettuce Tomato Cheese Wrap	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Chicken Ranch Sandwich Carrotennies WLF Dip	1. Baked Chicken Breaded Chicken served w/ mashed potatoes & cranberry sauce Dinner roll 2. Tuna Salad roll Zucchini Casserole	1. Doggie Day Beef hotdog on a roll served w/ mustard & relish Baked Beans 2. Bologna & Cheese Wrap Caesar Salad	1. Glorias Pizza Cheese Pizza Slice 2. Ham & Cheese Wrap Mixed Green Salad W/LF Dressing
READ ACROSS AMERICA WEEK MARCH 1-5				
1. "Fired Up" French Toast French Toast w/ syrup served w/sausage Warm spiced cinnamon apples 2. Chicken Salad Wrap	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Turkey & Cheese Wrap Carrot Sticks WLF Dip	Early Release K-8	Early Release K-8	Early Release K-8
1. Meatball Sub Meatballs in marinara served in a roll w/ Mozzarella cheese & baked French Fries 2. Pretzel Lunch Green Beans	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Bagel Lunch Broccoli Bites WLF Dip	1. Chicken Parmesan Breaded chicken topped w/marinara sauce & mozzarella served on a bun. Cupped Fruit 2. Chicken Salad on a bun Garden Salad	1. St. Patrick's Day Sheppard's Pie – Ground beef, mashed potatoes, corn, gravy. 2. Salami & Cheese Sub Green Jello & Whip Cream	1. Glorias Pizza Cheese Pizza Slice 2. Veggie Wrap Seasoned Carrots
Take a Nap Day! 1. Top Of the Morning Breakfast Burrito Scrambled eggs topped with sausage & cheese on a wrap served W/brown rice 2. Chicken Ranch Sandwich Cupped Mix fruit	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Nacho Lunch Celery Sticks WLF Dip	1. Cheese Burger All beef burger topped w/ cheese served W/ Potato wedges 2. Italian Sub Steamed Vegetable	Early Release All Levels	1. Glorias Pizza Cheese Pizza Slice 2. Tuna Sub Sweet Peas
1. Chicken Rings Breaded Chicken nugget rings served w/veggie rice 2. Turkey BLT Wrap Vegetable of the Day	1. Gloria's Pizza Whole Wheat Cheese Pizza Slice 2. Roast Beef Bagel Romaine Salad	1. Baked Mac n Cheese Pasta in a cheese sauce, served w/ breadstick 2. Chicken Ranch Sandwich Garden Salad Served w/LF Dressing		

Fruit & Veggie Of The Month



DID YOU KNOW

All our Milk & Chicken Products are Antibiotic and Hormone free!
All Products in our program have Zero Trans Fats!
Breads & Bread Products are 100% Whole Grain and contain No High Fructose Corn Syrup or Hydrogenated Oils!
We Serve a 100% all Natural Yogurt, with No Artificial Ingredients.
All Dressings are All Natural, with No Artificial Ingredients & No High Fructose Corn Syrup!
Our Ketchup is High Fructose Corn Syrup Free!
We offer Only Low Fat Cheeses and Condiments!
Vegetables are always fresh and crisp!
Unless otherwise indicated all of our Pasta is Whole Grain Barilla brand!
Our Taco Shells and Tortilla Chips are Free of any Hydrogenated Oils.

Prepaid Lunch Tickets Available

5 Lunches= 15.00 20 Lunches= 60.00
10 Lunches=30.00 30 Lunches= 90.00

WE PURCHASE LOCAL!

*We always use regional suppliers whenever seasonably available.



Check out what we are doing to help save the environment.
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